

## EGGLESS SALAD

Submitted by Mary Ann O'Donnell, RN, MN, Principal MHC RN



### Ingredients:

- 1 pkg (14-15 oz.) firm tofu, drained
- 1 tsp turmeric
- 2 Tbsp mayo (use vegan mayonnaise or ranch-style dressing if you want a totally plant-based dish)
- 2 Tbsp Dijon mustard
- 2 Tbsp nutritional yeast (not regular yeast; nutritional yeast adds vitamins, a cheesy flavor and yellow color)
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp black or regular salt
- ½ tsp smoked or regular paprika, as garnish
- 3 medium dill pickles, chopped
- 2 stalks celery, chopped small
- ½ medium white onion, chopped small

### Directions:

- Press lightly on the tofu to drain any remaining water.
- Crumble tofu.
- Stir in dry ingredients.
- Add mustard and mayo, and mix everything together.
- Fold in chopped ingredients.
- Smooth and sprinkle with paprika.
- Refrigerate.
- Serve with veggies, chips or crackers.